

Week One WINTER				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main: Aromatic Chicken Korma Curry + plain Chicken available (GF) Vegetarian Main: Vegetable, Chickpea & Spinach Korma Curry (GF, V) Served with: Plain Rice, Pilau Rice, Naan (V) Bread, Mango chutney (V) Seasonal Vegetables (V) Alternative to main: Jacket Potato (V)(GF) Cheese (VE available) Baked beans(VE) Soup of the day Served with a homemade bread of the day(GF available) Salad Bar – Assorted salads (V/VE) Side: Wholemeal bread roll Gluten free wraps available Dessert: Fresh fruit pots, Jelly and Yoghurts Mid-morning Snack Guacamole, Tomato Salsa, Corn-Tortilla Chips	Meat Main: Cottage Pie (DF, GF) + Plain Mince Beef & Veg, Gravy Vegetarian Main: Winter Vegetable Cottage pie (GF, V,VE) Served with: Diced Roast Potatoes (V) Gravy, Onion Gravy,(VE,V) Seasonal Vegetables (V) Alternative to main: Jacket Potato (V)(GF) Cheese (VE available) Baked beans(VE) Soup of the day Served with homemade bread of the day(GF available) Salad Bar – Assorted salads (V/VE) Side: Wholemeal bread roll Gluten free wraps available Dessert: Fresh fruit pots, Jelly and Yoghurts Mid-morning Snack Vanilla & Choc Chip Sponge (GF/DF Available)	Meat Main: Roast Turkey Escalope with all the trimmings (DF,GF) + Roast Vegan Quorn Fillet (DF) Vegetarian Main: Homemade Mushroom, Leek puff pastry pithivier (DF,V+ GF available) Served with: Roast Potatoes (V) Yorkshire Pudding (V,DF available) Stuffing & Gravy, Cranberry relish Seasonal Vegetables (V) Alternative to main: Jacket potato (V)(GF) Cheese (Ve available) Baked beans(VE) Soup of the day Served with homemade bread of the day(GF available) Salad Bar – Assorted salads (V/VE) Side: Wholemeal bread roll Gluten free wraps available Dessert: Fresh fruit pots, Jelly and yoghurts. Mid-Morning snack Mini vegetable Falafel & Yogurt Dip (D/F Dip Available)	Main: Oriental beef stir fry (GF/DF) Vegetarian Man: Vegetable Chow Mien (V, DF) Served with: Egg fried rice/Plain rice (V) Toasted sesame vegetables (V) Alternative to main: Jacket potato (V) (GF) Cheese (Ve available) Baked beans(VE) Soup of the day Served with homemade bread of the day (GF available) Salad Bar – Assorted salads (V/VE) Side: Wholemeal bread roll Gluten free wraps available Dessert: Fresh fruit pots, Jelly and Yoghurts Mid-Morning snack Homemade Granola Bars (GF/DF Available)	Main: Salmon & Dill Fishcake+ (Plain Baked Fish of the day (GF,DF Available) Vegetarian Main: Homemade breaded vegetable Pattie (SF, V) Check Daily Lunch Special for Today. Served with: Home-made skin on chips (v) Seasonal veg (v) Alternative to main: Jacket potato (V)(GF) Cheese (Ve available) Baked Beans (Ve) Soup of the day Served with homemade bread of the day(GF available) Salad Bar – Assorted salads (V/VE) Side: Wholemeal bread roll Gluten free wraps available Desserts Fresh fruit pots, Jelly and Yoghurts Mid-Morning Snack Cheese Swirls (GF/DF Available)

Dairy and gluten free alternatives will be available daily

GF – Gluten Free V – Vegetarian Ve – Vegan